

'Elbows' 2011

Training Session: Game Plan & analysis

TRAINING SESSION PURPOSE: Game Plan & Analysis

PURPOSE of the session GAME PLAN & GAME ANALYSIS

...game plan for singles **COMPETITION STRATEGY**
...every battle is won before the war (game) has begun

LESSONS

- Reward what you wanted (planned)
- Do focus on your goals
- Do focus on what has worked for you before
- Do decide what to do and confidently do it
- Mistakes teach us what does'nt work, very valuable

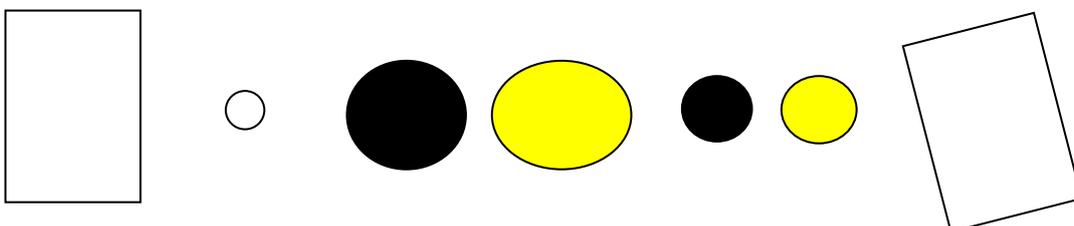
COMPETITION STRATEGY

HOW

- player to perform their own 'pb'
- have 2/4 bowls in Mat length of the head each ends per game
- have 50% acceptable/ ML deliveries
- ends lost keep shots lost to 2
- win the game by winning the majority of the ends (5/9 in sets) and sets (2/3)
- contest at full maximum length as prime option now that the minimum is 23 metres as the difference from minimum to medium has been reduced by that 2m
- the other length to excel at is the ultra minimum of 23m though that may be best to do throwing the jack to the 2m mark to ensure 23m end
- Minimum of 2 bowls in ML head before doing anything fancy or desperate
 - Walk to the head after your third delivery **every** end
 - Return back to the mat **CONFIDENT** in the delivery you are about to execute
 - scorecard, use for **segmenting** into 3 end game analysis, especially as sets are 9 ends
- aim to have a minimum 6/ 12 deliveries each 3 ends within ML,
- Aim to have your first bowl in ML 66% of ends, i.e. 6/9 ends per set
- having jack is an 11% advantage and the tactical mat benefit
- the merit of setting the mat on the 2m mark (thinking hard, hardly thinking)
- When holding shot avoid creating jack high / widen head options for the opponent
- Your last bowl is **never** your last bowl, it is always your **FIRST** bowl
- Think tactically to maintain your holding shots
- losing ends, keep shots lost at very worst to 2 shots that end
- Scout's honour...be prepared (to alter the losing game plan to a new win plan)

EQUIPMENT

Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs

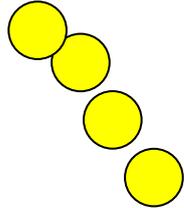


Attitude: all about practising habits

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WARM UP physical toning exercises, (10 minutes)
 follow with bowls warm up caterpillar for 2 to 4 ends



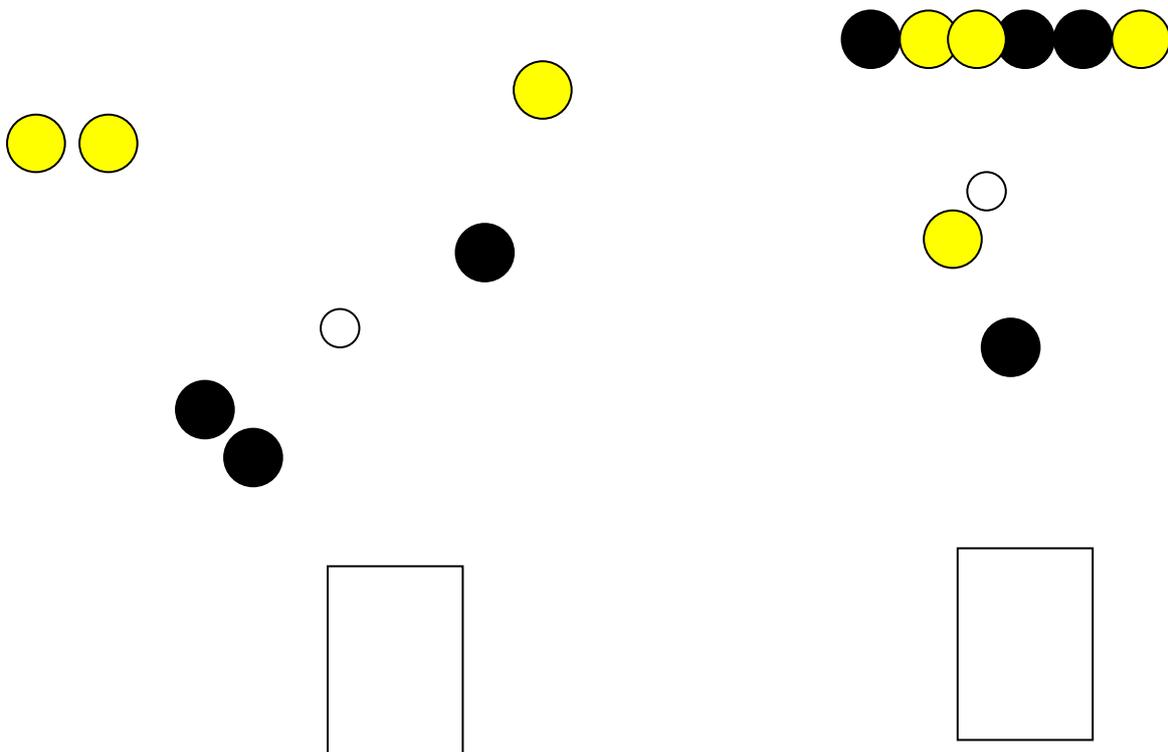
SKILL Rating , (20 minutes)
Measuring performance score out of 10 attempts: number of deliveries within 'Mat Length' (ML)

Type of delivery (10 attempts at deliveries)	Min. Length Alt Hand	Min. Length B/Hand
Caterpillar opposition		
Plug / block entry		
Trail shot – hide it		

TACTICAL & MENTAL / Communications Skill in drills (50 minutes)

Tactical decisions practicum – GAME PLAN

Set two heads diagonally into a corner of the green and have participants sit on the bank and provide their options for either hand;
 There is one bowl each to deliver this end and first discussion black bowl has first delivery;
 then have the discussion for the yellow player with the first delivery;
 do 10 attempts of those options nominated by the bowlers to see the outcome;
 now compete with one end games alternating as a black and then yellow



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PRE-EVENT STRATEGY

set your plan a year before the event
Train regularly for this format
Enter similar format competitions as lead up
Discuss, set, practice and review objectives over the year in readiness for the final

PURPOSE of the session.... TEAM GAME PLAN

.....to know our roles, our measures of performance, our responsibilities
.....the war is won before the battle has begun

LESSONS

Game Plans are a responsibility of each Skip INVOLVING his team mates
Game plans for the team and for each rink to have a series of objectives such as
as a minimum win 2 of the 4 rinks
each rink to win a minimum of 6/15 ends
to win each rink to win 8/15 ends = team winning 32/60 ends
to win each rink aim to score 15 shots
keep shots >2 to one end per rink = 4 ends overall with lost shots >2 for the team
losing rink objective to have a loss to not exceed 10 shots
leads and seconds to have specific targets for their 4 bowls in head
winning rinks will need this 11/15 ends = 44/60 for team to win
win 3 shots every 3 ends to acquire 15 shots per rink
concede 2 shots every 3 ends to keep opposition to 12 shots
play the length / play the hand that will achieve the above for the team
Experiment in training to view the plan value with certain tactical decisions

MODIFIED Games in pairs (50 minutes)

Series of partners where defined game plan over 4 ends
Must have ¼ bowls within mat length regardless of the result
Loss per end to not exceed 2 shots

Set your own game plan against a series of partners
Play a 4 end game
Spend 5 minutes analysing and preparing for the next game
Second 4 end game
Spend 5 minutes analysing and preparing for game 3
Third 4 end game
Spend 5 minutes analysing

and now a group debrief

- Skips do not deliver any bowl so their lead will bowl all 8 deliveries;
Intention is to observe skip tactical/ communication skill; Play one end then swap roles;
- 4 end game where you have mat, score 1-0, 0-4
- 4 end game where you give mat away every end, score 1-0, 0-4

SINGLES SET PLAY Games (110 minutes)

Play 4 ends - Player one -4 bowls V. Player two has only 3 bowls to deliver
Play 4 ends - Player one -4 bowls V. Player two has 4 bowls all delivered backhand
Play 4 ends - Player one -4 bowls V. Player two has only 2 bowls to deliver
Each player 'earns' a shot every time they get (temporary) second shot.
Each player 'earns' a shot every time they touch the jack.

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN (10 minutes)

Noughts / crosses or Caterpillar or football

Attitude: all about practising habits

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TACTICS – Learning the Skill

I provide some thought prompters that bowlers could do as part of their training.

Tactical factor – deception, difficulty

- How can you make your opponent go onto their non preferred hand or delivery
Play the hand earlier before they have the opportunity
Block their ease of entry in to the head forcing consideration of other lesser options
Cover the back for insurance minimizing the earlier preferred value for an opponent to drive

Tactical factor – risk

- Is the attacking delivery worth the risk
What is the score position of the game
Is my delivery to be the last delivery of the end
How many shots would I concede if damage occurs
Why am I considering this option (only)

Tactical factor – delivery selection and placement of opponent bowls

- Your opponent has a resting toucher making the jack unsighted
Draw second if there are more ends to play
Choose a specific weighted delivery onto toucher subject to where our back bowls are
Choose that delivery also on anticipated flight path of the jack

Tactical factor – time, duration of the game

- How can you enable your team to recover a losing end where the result was a disastrous score
Reassess your game objectives to see if they can still apply
Appraise comparative situation in the game so far to fulfil the objective
Re-establish each players performance objectives
Thrive on the new challenge

Tactical factor – stage of the game

- Three ends to play and in arrears by 3 shots, our mat and jack
Set realistic and achievable objective, say win 2/3 ends aiming to get 4 shots
Reinforce performance objectives for each team member
Play the length of our team strength
Stay firm with the game plan
Expect the chance of losing one end and still having the prospect of winning

Tactical factor – decision making

- What is the best option for choice of length and hand
Front end team must be directed by the Skip to our strength, maybe their weakness
Bowls in the head as prime objective
Keep risk in mind when considering changes to the head
Composure by Skip in making the decisions
Composure within the team to hold firm emotionally and trust in our plan, objective

Tactical factor – keeping possession of shot bowl

- Do you add, attack, defend
Do all three weighing up the situation as each bowl adds to the head
Do not widen the head - helps to minimise the angles of bowls to wick off into our shot bowl
Ensure your shot bowl(s) are really close, as near enough is not good enough
Short bowls in the draw are advantageous and to be considered as a form of defence
When your shot bowls are directly in line with the jack, other team bowls are best positioned behind the jack and the head
Skip's job is to steer the team to a win, not to win it by yourself with your two deliveries.

TRAINING SESSION REVIEW